

Health Education



Teaching Tools and Health Related Information

Advocacy for Health Educators www.healtheducationadvocate.org

Notes - The web site, sponsored by the Coalition of National Health Education Organizations (CNHEO), provides a central source of advocacy information. The site enables users to search the status of specific bills, send e-mail to their Congress persons, access health resolutions and policy statements of sponsoring organizations, identify advocacy training opportunities, and provide tips for working with the media.

Michigan Model www.emc.cmich.edu

Notes - Comprehensive evidence based health education curriculum for grades kindergarten to twelfth.

TAKE 10![®] www.take10.net/whatistake10.asp?page=new

Notes - classroom-based physical activity program for kindergarten to fifth grade students. Integrates academic learning objectives (in Language Arts, Math, Social Studies, Science and Health) with movement.

Teaching Today's Health by David Anspaugh and Gene Ezell

ISBN# 978-0-8053-2725-0

Notes - a book of lesson plans for teaching a comprehensive health education curriculum for grades kindergarten to eighth.

U.S. Department of Health and Human Service <http://health.nih.gov/>

Notes - "Quick Link" to Child and Teen Health. Website includes resources for children and teens "A-Z". Topics range from asthma to mental health, to violence prevention. "Healthfinder" (www.healthfinder.gov) is a link on this website with interactive materials for teachers and students.

Websites

BAM! www.bam.gov/sub_physicalactivity/physicalactivityactivitycards.html

Notes - Body and Mind from the CDC. Very interactive and comprehensive. Topics on Website include: Diseases, food and nutrition, physical activity, safety, your life, your body. BAM! is aimed at youth ages 9 - 13 and was created to

answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. BAM! also provides middle school health and science teachers with interactive activities that are educational and fun.

Brainpop www.brainpopjr.com

Notes – An interactive comprehensive health education resource. Includes hard to teach topics like relationships, responsibility, and dealing with divorce.

CDC Skin Cancer Module: Health and Science Curriculum

www.cdc.gov/excite/skincancer/index.htm

Notes - This module was designed in preparation for the 2002 National Science Olympiad, Disease Detective Event. These materials also have potential applications for biology, other science, and health education purposes in the classrooms of high schools and possibly some middle schools.

Discovery Kids www.discoverykids.com

Notes - Discovery Channel website. Includes health and physical activity related games and great videos.

Gryphon House www.gryphonhouse.com

Notes - Activity books to use in the classroom. Topics include: nutrition, suicide, multi-cultural diversity, bullying and teasing prevention.

Hurt Free Schools <http://www.hurtfreeschools.org/index.htm>

Notes - A curriculum for ages 5-12. Hurt-Free Schools has been sharing powerful life-changing character education skills with children of diverse populations around the world since 1996.

Kidnetic <http://www.kidnetic.com/>

Notes – Research based education. Excellent nutrition and physical activities for “tweens and teens”. Many of the activities were developed by adolescents. The website has an entire section for parents with a downloadable “Real Life Guide”.

Kids Health www.kidshealth.org

Notes - Includes great basic health information. Also includes activities to help teach the mental component (dealing with emotions), healthy recipes, and information about the body.

Learn to be Healthy www.learntobehealthy.org

Notes - Interactive health science activities for grades 1 - 5. Includes lesson plans aligned to national health standards.

Media Awareness www.media-awareness.ca

Notes - Resource for teaching how the media impacts adolescent peer pressure and health. Includes lesson plans.

**NIDA (National Institute on Drug Abuse) Interactive Youth Website:
"NIDA for Teens: The Science Behind Drug Abuse"**

<http://teens.drugabuse.gov/>

Notes - This web site was created to educate adolescents ages 11 through 15 (as well as their parents and teachers) on the science behind drug abuse. NIDA enlisted the help of teens in developing the site to ensure that the content addresses appropriate questions and timely concerns. NIDA does not preach about the dangers of drug use, but delivers science-based facts about how drugs affect the brain and body so that kids will be armed with better information to make healthy decisions. Elements such as animated illustrations, quizzes, and games are used throughout the site to clarify concepts, test the visitor's knowledge, and make learning fun through interaction.

Nutrition

<http://teammnutrition.usda.gov/Resources/teamupbooklet.html>

Notes - This is a collection of hands-on nutrition education activities for parents to use with their school-age children. Great resource for linking parent involvement with CSH.

<http://lancaster.unl.edu/food/resources.shtml>

Notes - Research based education from ENL Extension. Excellent nutrition Power Points geared toward "tweens and teens". Website includes other Power Points on topics such as hand washing and food borne illnesses.

www.nutritionexplorations.org

Notes - Advertised as "the next step after a school develops their wellness policy". Great sections divided into resources for teachers, parents and school nutrition personnel. This website also references the Michigan Model Curriculum.

PBSKids <http://pbskids.org/zoom/activities/cafe/>

Notes - Great resource for fun, healthy recipes. Also includes culturally diverse recipes such as hummus.

Yucky.com www.yucky.com

Notes - The name says it all! Information about body odor, body functions, etc. Excellent for teaching about the body and integrate it with aging and puberty.